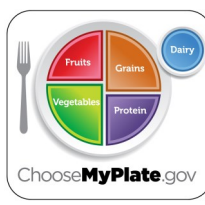




**JUNE
2019**

Middle School Lunch

**Lunch Price: \$ 3.75
Reduced: \$ 0.40**



Includes choice of entrée (protein + whole grains), fruit and vegetable sides, and milk.

PowayUSDNutrition.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
June 3: Teriyaki Chicken with Noodles ----- June 10: Teriyaki Chicken Bowl with Rice & Veggies	Supreme Nachos <i>Seasoned ground turkey, refried beans, and jalapeno cheese sauce over whole grain tortilla chips</i>	June 5: Pasta with Meatballs and Garlic Toast ----- June 12: Chicken 'n Waffles <i>(bone-in breaded chicken served with whole grain waffle and natural syrup)</i>	June 6: Chicken Tenders with Biscuit May 2, 16 & 30: ----- June 13: Homestyle Chicken Bowl with Dinner Roll	June 7: Crispy Turkey Taco with Spanish Rice & Beans
Chili Dog (or Hot Dog)	Turkey-Pepper Jack Panini	Fuego "Spicy" Chicken Wrap	Cheeseburger	Philly Cheesesteak Flatbread
Ranch Chicken Salad and a Roll	Chicken Caesar Salad and a Roll	Deluxe Garden Salad with Egg and a Roll	Southwest Salad and Tortilla Chips	Spicy Asian Chicken Salad and a Roll

DAILY ENTRÉE CHOICES:

- Hot Chicken Sandwich *(Regular or Spicy)*
- Turkey & Cheese Deli Sandwich
- Southwest Bean & Cheese Burrito
- Pizza Slice (Cheese or Pepperoni)
- Café Style Bistro Box *(WG pita points, hummus, baby carrots, hardboiled egg, & craisins)*

LOCAL MILK CHOICES:

Low Fat (1%) White or Fat Free Chocolate



Indicates meatless entrée.



Indicates gluten free entrée.



FRUIT and VEGETABLE SIDES:

Choose at least 1/2 cup with your lunch.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Side Salad	Side Salad	Side Salad	Side Salad	Side Salad
Edamame	Baby Carrots	Baby Carrots	Baby Carrots	Grape Tomatoes
Baked Tater Tots	Broccoli Florets	Baked Tater Tots	Corn Kernels	Baked Tater Tots
Fresh Apple	Fresh Banana	Fresh Orange Wedges	Watermelon <i>(June 6th)</i>	Fresh Apple
Sliced Pears	Mixed Fruit	<i>Frozen Fruit Cup:</i> Mixed Berry, Peach, or Strawberry	Sliced Peaches	Craisins



June Featured Produce: Fresh Watermelon